

# Youth Tackle Football Regulations

All Roanoke County Parks, Recreation and Tourism Youth Tackle Football Games will play in accordance with the National Federation of State High Schools rules except for the local league rules listed below. It is recommended that each coach download a rule book from the NFHS. Online at [www.nfhs.org](http://www.nfhs.org)

## Preseason Coaches Meeting

Roanoke County Parks, Recreation and Tourism will hold a preseason coaches' meeting on Sunday, July 31<sup>st</sup> and 2:30 p.m. at the Brambleton Center. All coaches are strongly encourage to attend this valuable meeting to discuss rule changes (including protest and concussions) as well as have their ID Badge created.

## 2011 Local League Football Rules

**Highlighted rules are changes or points of emphasis for the 2011 season**

Division	League Age	Birthday	Position Restricted Weight Limits
Instructional	6 Years Old	9/30/05 – 10/1/04	None
Pee Wee	7 Years Old	9/30/04 - 10/1/03	None
	8 Years Old	9/30/03 – 10/1/02	Yes
Little	9 Years Old	9/30/02 – 10/1/01	None
	10 Years Old	9/30/01 – 10/1/00	Yes
Junior	11 Years Old	9/30/00 – 10/1/99	None
	12 Years Old	9/30/99 – 10/1/98	Yes

### Position Restrictions

- A. Every player in the upper year of an age bracket must have an official weight on file with the Athletics Division before Friday, August 19, 2011 to determine any possible position restrictions. Players who have not weighed in before the cutoff date may not be eligible to participate at the start of the season. Players who will not be in town the week of weigh-in must weigh-in before leaving town. Weigh Dates are as follows:

Weigh-In Dates	Times	Locations
8/15 – 8/19	8:00 a.m. – 4:30 p.m.	PRT Office on Kessler Mill Rd
8/15	5:30 p.m. – 6:00 p.m.	VYB Storage Room at RCCC
8/16	6:00 p.m. – 6:30 p.m.	Ben Franklin Middle, Franklin County
	7:00 p.m. – 7:30 p.m.	VAFC Office at Darrell Shell Park
8/17	5:30 p.m. – 6:00 p.m.	Greenridge Recreation Center
	6:30 p.m. – 7:00 p.m.	Greenfield Complex, Botetourt

- B. Players in the upper year of an age division, who are above the following weight limits, may stay and play in their correct age division and be position restricted **OR** may choose to move up to an older age division and play without restrictions. For a complete list of position restriction requirements, please see page 2.

Pee Wee League	8 Year Old	9/30/03 – 10/1/02	more than 110 lbs
Little League	10 Year Old	9/30/01 – 10/1/00	more than 125 lbs
Junior League	12 Year Old	9/30/99 – 10/1/98	more than 130 lbs

- C. At the request of Recreation Club Coordinators, a second weigh in will be held the week of September 26th for players who are within 10 lbs of the weight limit at their initial weigh in. All weight limited players may gain 1lb per week, starting August 22<sup>nd</sup>. **Players who do not make weight at this point will be required to play the remainder of the season with position restrictions.**

Weigh-In Dates	Times	Locations
9/26	5:30 p.m. – 6:00 p.m.	VYB Storage Room at RCCC
9/27	6:00 p.m. – 6:30 p.m.	Ben Franklin Middle, Franklin County
	7:00 p.m. – 7:30 p.m.	VAFC Office at Darrell Shell Park
9/28	5:30 p.m. – 6:00 p.m.	Greenridge Recreation Center
	6:30 p.m. – 7:00 p.m.	Greenfield Complex, Botetourt

### Team Formation Regulations

- Teams should be formed using a fair and equitable draft procedure.
- Teams may not feature more than 31 players.
- Teams which are formed because of close proximity to the split number (32-36) may combine prior to August 15<sup>th</sup> granted the total number of rostered players is below 31.**
- Team rosters must be filed with the Youth Athletic Department by 5:00 p.m. a week prior to practice and must show name, address, telephone number, birthday, league age and the school each player attends.
- Players on each team's rosters must meet the eligibility guidelines set forth by the Clubs hosting Recreation Department. Each Recreation Club is responsible for verifying the information on their clubs rosters. If players are found playing on an incorrect team based on the eligibility guidelines set forth by the Clubs hosting Recreation Department, the player will be removed from the team. Please note that the team may be required to forfeit the games played with an ineligible player if the Clubs hosting Recreation Department determines that the Club, Coach or Player intentionally attempted to fraud the program.
- No players can be added after the first regular season game unless the team features less than 15 active players and permission is granted by the Clubs hosting Department.
- Only screened youth coaches are permitted to lead games, practices or scrimmages.
- Coaches are required to wear their ID badge at all team practices and games.

### Equipment Regulations:

- No cleats will be allowed with removable metal or plastic cleats.
- Football Size by Division:
  - Inst and Pee Wee Wilson K2 or equivalent
  - Little Wilson TDJ or equivalent
  - Junior Wilson TDY or equivalent
- A readily visible (color) mouth piece must be worn and cannot be chewed off around the ends.
- Nothing may be worn that, in the opinion of the officials, restricts the ability to see a player's eyes.
- Proper equipment, which has been properly fitted, must be worn at all times.
- No players other than restricted position players are permitted to wear a jersey numbered 60 – 69.

## Inclement Weather

- A. Inclement Weather Prior to Game or Practice - When possible, cancellations will be made on Roanoke County's Cancellation Line, 540.387-6455 extension 6.
  1. Heat Policy – Games or practices will be canceled under the following conditions.
    - i. Actual Temperature 100\* or above - All games and practices canceled.
    - ii. Heat Index of 100\* or above - All games canceled and practices restricted to no pads
- B. Inclement During Game or Practice - In the event adverse weather conditions develop while an activity is in progress and a representative from Roanoke County Parks, Recreation, and Tourism is not present, it is the responsibility of the league representative, coach, teacher, or the scheduled official to determine whether or not conditions that exist will endanger the safety of the participants and whether or not the activity will have a serious adverse effect on field conditions. If a league fails to cancel field use during inclement weather and such use causes extensive field damage, the league will be responsible for any repair costs.
  1. Lightening Policy - If thunder is heard, be aware and keep a look out for lightning. If thunder lightning is seen, all players and spectators shall be moved to a sheltered area or to their cars. Wait at least 20 minutes from the last streak of lightning to resume play or practice.

**Concussion Management Practices** - It is the policy of Roanoke County Parks, Recreation and Tourism to follow the National Federation of State High School Association's guidelines for the management of concussions.

- A. No athlete should return to play or practice on the same day of a suspected concussion.
- B. The athlete's guardian should be immediately notified of the suspected concussion by a coach so that the athlete can be immediately evaluated by an appropriate health-care professional.
- C. Any athlete who is suspected of a concussion must submit written medical clearance from an appropriate health-care professional to their home Recreation Club prior to returning to **practice or competition**. Recreation Clubs **must disallow** players from participating until this document is produced.
- D. Each youth sport coach take the Heads Up: Concussion in Youth Sports online course from the Center for Disease Control. This online course can be found at <http://www.cdc.gov/concussion/HeadsUp/youth.html>

## Practice Regulations

In an effort of fairness, Recreation Clubs are responsible for ensuring that all teams within its organization follow the practice guidelines set below. Failure to meet any of guidelines set below will result in the Head Coaches suspension from 1 (first offense) or 2 (second offense) games and the loss of one (first offense) or two (second offense) practice privileges the following week. No warnings will be given.

- A. A practice schedule, containing the date, time and place should be communicated to the team's Recreation Club before a practice is permitted to be held. Any deviation from this schedule should also be notified to the Recreation Club.
- B. Each team is permitted the following maximum amount of practice per week:
  1. 4 times a week when **school is not** in session.
  2. 3 times a week when **school is in** session and a team **does not** have a scheduled game.
  3. 2 times a week when **school is in** session and a team **does have** a scheduled game.
- C. Teams may not practice until August 1<sup>st</sup>
- D. Teams must practice four times without pads before contact drills are permitted.
- E. Teams may not practice more than once in a 24 hour period.
- F. Teams may participate in one jamboree/benefit per week which will count as 1 outing towards the team's practice limitations for that week.
- G. Scrimmage games lined up by Coaches count as a practice outing.

## Game Regulations

### A. Pregame Information

1. No game is to start prior to the scheduled game time unless both coaches agree.
2. Only five coaches will be allowed on the sidelines during a game.
3. The home jurisdiction will provide chains and down markers for each game.
4. The home team is to provide chain crew. The chain crew must remain on the home sideline.
5. Only one coach will be allowed on the field during a timeout.
6. The home team is to provide a game ball.
7. Head coaches are responsible for the actions of his coaches, parents, and players.

### B. Restricted Position Players

1. Restricted position players are required to wear a number from 60 to 69.
2. Restricted position players are required to line up as follows:
  - i. **Offensive Players on Scrimmage Plays and Scrimmage Kicks (PAT's, FG's, Punts)** are required to line up as a down (3 or 4 point stance) **ineligible** line man from tackle to tackle on the line of scrimmage during all plays.
  - ii. **Defensive Players on Scrimmage Plays and Scrimmage Kicks (PAT's, FG's, Punts)** are required to line up as a down (3 or 4 point stance) line man from tackle to tackle on the line of scrimmage during all plays.
  - iii. **Special Team Players on Free Kicks (Kick Offs, Kicks After Safety)** have no position restriction.
3. Restricted position players **may never advance the ball**. Anytime a restricted position player, indentified by their jersey number, comes in to possession of the ball during live play, the ball will automatically be blown dead from that spot. Position restricted players should be instructed to go to the ground if they ever come in to possession of the ball.
4. Any team, who is found to allow a position restricted player to intentionally play an illegal position, may have their head coach suspended for the remainder of the season.

### C. All Play Rule

1. Coaches are strongly encouraged to play their players equal amounts of time.
2. All players who are in attendance at the game must play a minimum of five plays per half.
3. Special team plays do not count towards a player's minimum play time requirement.
4. The only players exempt from the all play rule are:
  - i. Players who have missed **more than half** of a team's schedule practices for the week
  - ii. Players who are being disciplined with preapproved permission from PRT
  - iii. Players who for health reasons cannot play the minimum amount
5. Coaches must notify the opposing head coach prior to the game of any player who is exempt from the all play rule and the reason. The opposing coach should report this information to Roanoke County, by email, as early as possible.
6. It is the responsibility of the head coach to ensure that all players meet the minimum play requirements. Failure to meet the all play rule requirement may result in the requirement the team forfeit the game in which players did not play, head coach's suspension **as well the requirement of the team to have no players play both ways if numbers permit.**

### D. Game Clock

1. All leagues will play four eight minute quarters.
2. All clock situations will be played by NFHS rule book except for the following:
  - i. Change of possession. Clock will start when the referee indicates ready for play.

## E. Kicking and Punting

### 1. Punting

- i. No rushing the Punter in pee wee division until after an attempted kick.
- ii. There must be 7 players on both lines of scrimmage on a punt in the pee wee division.

### 2. Field Goals

- i. Rushing the kicker is allowed on all field goal attempts in all leagues.
- ii. If a kick is blocked the ball is dead. The defense takes possession from the original line of scrimmage.

### 3. PAT's - Teams must declare to the head official prior to the PAT whether they choose to run or kick. Kick will be worth two (2) points; a run is worth one (1) point.

#### i. Kicking for PAT

- a. Ball will be place 3 yards off of end line and ball may be kicked up to 7 yards from the spot of the ball.
- b. If the snap is mishandled or a fake kick is to be used, the player may run for the PAT. There is no passing allowed. Penalty is loss of down.
- c. **Rushing the kicker is allowed on PAT attempts in all leagues.**

#### ii. Run or Pass for PAT

- a. Ball will be placed on the three yard line and be run as a normal play

## F. Mercy Rule

### 1. If a team is trailing by 24 points or more at any point during the **first 3 quarters**.

- i. The team that is trailing will take possession of the ball on the opposing team's ten yard line. The trailing team will have 4 plays to score. If they do not score the winning team will get the ball on their own ten yard line. This will continue until the score is less than 24 points in which the game will return to normal. In the event of a turnover, the play will be allowed to continue as normal. A regular clock will be kept.

### 2. If a team is trailing by more than 28 at any point **during the fourth quarter**

- ii. The game score will be considered final. A controlled scrimmage will be played with the remainder of the time on the clock. The trailing team will get the ball on their own 20 yard line with 4 plays to score or get a first down. The teams will switch back and forth until the game time has expired. A regular clock will be kept but not the score. In the event of a turnover, the play will be allowed to continue as normal.

## G. Overtime

1. Games which are tied at the end of regulation will be considered final.

## H. Protests

1. Protests of NFHS rules are not permitted in accordance with NFHS Rule 1.1.11
2. Protests of Local League rules are not permitted. If rules are not being properly interpreted, please contact the Parks and Recreation Office as soon as possible.
3. Protests of player eligibility are permitted. Eligibility would include non rostered players, age, residency or other factors which makes the player eligible when they should not be.

### I. How to protest

- a. Protest must be done during the game.
- b. As soon as the player in question participates, call timeout and inform head official that you are protesting an opposing player due to ineligibility. Ask the official to notify the opposing coach. Please note that the game will continue as normal and the player is permitted to play.
- c. Within 24 hours of game completion, an email must be submitted to the Athletics Division which should include game date, time, location, opponent, player protesting, and justification of protest (reason and knowledge why).

### II. Protest Review

- a. The Athletics Division will work with the appropriate recreation clubs to investigate and determine if the player is ineligible.

### III. Protest Findings

- a. If a team is found to be using an ineligible player, the team may be required to forfeit the games in which the player played.
- b. If a team is found to knowingly using an ineligible player, the Head Coach may face additional punishments.
- c. The decisions of the Athletics Division will be final. No appeals will be heard.

### I. Officials

1. Authority – Youth Sports Officials have the authority to remove any coach, player or spectator from Roanoke County property.
2. Lack of Game Officials:
  - a. If no Officials Crew is present the game will be canceled and rescheduled. Teams may choose to use the time for scrimmage if they choose. No self officiated games are permitted.
  - b. If a partial Officials Crew is present (more than half of regular crew) the game will be played as scheduled.

### Post Season Play

- A. Roanoke County Parks, Recreation and Tourism does not operate post season playoffs, tournaments or events for its sanctioned Recreation Clubs. Recreation Clubs may choose to offer post season play if they coordinate the program themselves. Any questions regarding the Tri County Sandlot Superbowl should be directed to your Recreation Club Coordinator.

## Instructional League Rules

### Games scheduled before October 2 will be scrimmage games.

#### A. Scrimmage Game Rules

1. NO GAME CLOCK OR SCORE WILL BE KEPT
2. Ball will be placed on opponent's 20 yard line.
3. Each team will get 10 offensive plays regardless of how many times they get a first down, score or have a turnover.
4. After each team receives 10 plays, a 5 minute halftime will be used.
5. After half time, each team will an additional 10 offensive plays from the 20 yard line regardless of how many times they get a first down, score or have a turnover.
6. One coach per team is allowed on the field during the scrimmage to give instruction and assist with the lining up of players.

### Games scheduled after October 3 will be controlled games.

#### A. Controlled Game Rules

1. NO SCORE WILL BE KEPT
2. Game will be played with two (2), thirty (30) minute running clock halves.
  - i. The game clock will be kept on the field by the official.
  - ii. The game clock will only stop on timeouts and critical injuries.
3. Each team will get one (1) time out per half.
4. One official will be used.
5. One coach per team may give instructions in the huddle and must return to the sideline before play begins.
  - i. Coaches are not allowed to interfere with play and may give verbal instruction only.
  - ii. At the discretion of the official, a coach is needed to keep the game under control a coach may be asked to return to the field.